

Twin Pines Newsletter

Oct - Nov 2019



Open:

Monday - Friday,

8:30am - 4:00pm

20 Twin Pines Lane
Belmont, California 94002

(650) 595-7444

www.belmont.gov/adults

The Center will be closed:

Monday, October 14 and Monday, November 11

Thursday & Friday, Nov 28 + 29





City of Belmont, CA

Parks & Recreation Department

CODE OF CONDUCT

The Parks & Recreation programs and facilities are a place for people to come together and have fun, learn, and enjoy their time in a positive and safe environment. Support of one another is encouraged and welcomed, and valuing diversity is essential. Guests of the City are expected to be independent or must otherwise be accompanied by a companion or care giver.

Guests are required to adhere to the Code of Conduct when they are present at City facilities and grounds. Failure to comply with the standards described in the Code of Conduct will be subject to intervention, which can and may include disciplinary action, suspension or expulsion.

The following are considered unacceptable behaviors towards the Facilities, participants, volunteers or staff:

Verbal

- *The use of profanity; or rude, abusive, intimidating or threatening language
- *Racial, religious, sexual or any other verbal harassment, including but not limited to yelling and phone calls
- *Racial, religious, sexual or any other written harassment, including but not limited to signs, notes or emails

Non-Verbal

- *Rude, obscene or otherwise objectionable hand or physical gestures
- *Physical intimidation or threats of violence
- *Barring participants, volunteers or staff from accessing Center facilities, programs or materials
- *Unwanted physical contact of any kind
- *Throwing of any objects

Damage to Property

- *Damage or destruction of materials, equipment, furniture and grounds, or theft
- *Damage or destruction of other property belonging to participants, volunteers or staff, or theft

Personal Hygiene & Dress

- *Littering inside the City facilities or on the grounds
- *Failure to maintain personal cleanliness and good hygiene such as strong body odor or soiled clothing
- *Lack of shoes, shirt, or proper coverage
- *Wearing of clothing or accessories which advertise the discrimination or denigration of any groups, including but not limited to ethnicity, culture, religion, political or sexual orientation

Safety

- *Contamination of foods or property through lack of personal hygiene or poor cleanliness practices
- *Be under the influence of alcohol or illegal drugs
- *Violation of the smoking ordinance either inside or outside the facilities
- *Bringing bicycles, shopping carts, running, skating or skateboarding inside the Facilities
- *Sleeping

Solicitation or Religious Dissemination

- *Personal solicitation of goods or services of any nature not provided by the Center or partner agencies
- *Solicitation of donations to any non-profit agency not in partnership with the City
- *Sales of any goods or services not part of the Parks & Recreation programs
- *Promotion or dissemination of any religious material
- *Posting flyers of events not affiliated with Parks & Recreation Programs

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TIP: (S) = Activity requires Signing Up at Front Desk
(R) = Activity requires Registration with Parks & Rec
(D) = Drop-Ins are welcome

STAFF

Cheri Handley, Recreation Supervisor
Andrea De Lara, Recreation Coordinator

Richard St.Claire, Transportation
Bill Gomba, Transportation

Senior Citizens Advisory Committee

Rich Bortoli Chair
Ray Loya, Vice-Chair
Chuck Cotton
Sirinee Tippakorn
Terry Hill

Cheri Handley, Secretary
Frank Rausch
Charles Stone
Gloria Ryan
Bharathi Thilahar



PARKING



The Center is located within a public park, which is also adjacent to City Hall. It is part of a larger complex, where you will find several other buildings, picnic areas, and facilities. The parking lots are public, and as such you will find some days more popular than others.

Please be mindful of the importance of pedestrian safety and emergency access and do not park along non-designated areas.

Please plan to arrive well before your activity starts so you will have ample time to find appropriate parking. There is additional parking at City Hall, as well as street parking on Ralston, 6th Avenue, and O'Neil.

HOW DOES THE CENTER WORK?

We have a very active and busy community in our small Center! As such, we try to accommodate a wide variety of groups with different interests and needs. Here are a few things you need to keep in mind:

- A. Please be mindful of start/end time you were scheduled for an activity, and other groups' schedules as well.
- B. The availability of a room cannot be guaranteed on a permanent basis, so sometimes groups may need to adjust to new rooms or schedules.
- C. Groups need to be open to the public, and welcoming to new participants. The more the merrier!
- D. Groups provide their own supplies to hold an activity.
- E. If your group is cancelling for a day or two, please let a staff member know. That way we can let newcomers who drop in know, and we can use the room for another activity.
- F. Sometimes we have to share! We try to find an appropriate room for your group size and activity level, but there may be sound carryover from another group having fun.
- G. Our Center is temperature controlled, but everyone has a different comfort level when it comes to heat and cold. Dress in layers, so you can make yourself comfortable.
- H. Help us keep the Center awesomely clean. Return items where you found them, and don't forget those tissues, crumbs, or coffee cup!
- I. If you feel that the Center can no longer meet your preferences for your activity, you are welcome to meet at a different location. We are sorry to see you go, but sometimes we just can't provide exactly what you prefer.
- J. Our copy machine is not a public machine, but as a courtesy, we can make up to 10 copies for a scheduled group, and 2 personal copies. See the Front Desk Volunteer for assistance.
- K. Money cannot be given as a prize to game winners....except with a permit from the Belmont Police Department.

Most of the perks you enjoy at the Center are made possible by the hard work of staff, volunteers and members of the community who donate their time, money, care and efforts to the Center. Let them know how thankful you are, it will make their day!



Twin Pines Senior & Community Center

Oct 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>(S) = Activity requires Signing Up</p> <p>(R) = Activity requires Registration at Parks & Rec office</p> <p>(blank) = Activity is drop-in</p>	<p>1</p> <p>9:30 Walking Group</p> <p>9:30 Japanese Class</p> <p>10:00 American Line Dancing (R)</p> <p>10:00 Matter of Balance (S)</p> <p>10:30 Chinese Mahjong</p> <p>11:30 Lunch Program (S)</p> <p>12:30 Classic Movie</p> <p>12:30 Crafts Group</p> <p>1:00 Sewing & Quilting Group</p>	<p>2</p> <p>8:45 Strength Training</p> <p>9:00 Bread Program</p> <p>9:40 Video Aerobics</p> <p>10:15 Sensible Yoga (R)</p> <p>10:00 Spanish Class</p> <p>11:30 German Conversation</p> <p>11:30 Lunch Program (S)</p> <p>12:30 New Movie</p> <p>1:00 Mexican Train Dominoes</p> <p>2:00 Exploring Retirement</p>	<p>3</p> <p>9:30 Walking Group</p> <p>9:30 Canasta</p> <p>9:30 Rosen Method Movmnt (S)</p> <p>10:00 Color Me Calm</p> <p>11:00 Beat Arthritis (R)</p> <p>11:30 Lunch Program (S)</p> <p>12:15 Wii Bowling</p> <p>12:30 Throwback Movie</p> <p>12:30 Bridge</p> <p>2:00 Write Your Life Story (S)</p>	<p>4</p> <p>9:30 Video Chair Yoga</p> <p>10:00 Mindful Meditation</p> <p>10:15 Sensible Yoga (R)</p> <p>11:00 Mandarin Class</p> <p>12:00 Mandarin Chat</p> <p>12:00 BINGO</p> <p>1:00 Chinese Mahjong</p>
<p>7</p> <p>9:00 Bread Program</p> <p>9:40 Video Aerobics</p> <p>10:00 Italian Chat</p> <p>10:00 Spanish Chat</p> <p>11:00 Interm.Tai Chi (R)</p> <p>1:00 Book Club</p> <p>1:00 Beat Arthritis (R)</p> <p>2:00 French Chat</p>	<p>8</p> <p>9:30 Walking Group</p> <p>9:30 Japanese Class</p> <p>10:00 American Line Dancing (R)</p> <p>10:00 Matter of Balance (S)</p> <p>10:00 Stroke Awareness & Prevention (S)</p> <p>10:30 Chinese Mahjong</p> <p>11:30 Lunch Program (S)</p> <p>12:30 Foreign Film</p> <p>12:30 Crafts Group</p> <p>12:30 Pedro Card Game</p> <p>1:00 Sewing & Quilting Group</p>	<p>9</p> <p>8:45 Strength Training</p> <p>9:00 Bread Program</p> <p>9:40 Video Aerobics</p> <p>10:15 Sensible Yoga (R)</p> <p>10:00 Spanish Class</p> <p>10:30 Zumba Gold (R)</p> <p>11:30 German Conversation</p> <p>11:30 Lunch Program (S)</p> <p>12:30 New Movie</p> <p>1:00 Hand & Foot</p>	<p>10</p> <p>9:30 Walking Group</p> <p>9:30 Canasta</p> <p>9:30 Rosen Method Movmnt (S)</p> <p>11:00 Beat Arthritis (R)</p> <p>11:30 Birthday Lunch (S)</p> <p>12:15 Wii Bowling</p> <p>12:30 Throwback Movie</p> <p>12:30 Bridge</p> <p>2:00 Write Your Life Story (S)</p>	<p>11</p> <p>9:30 Video Chair Yoga</p> <p>10:00 Mindful Meditation</p> <p>10:15 Sensible Yoga (R)</p> <p>11:00 Mandarin Class</p> <p>12:00 Mandarin Chat</p> <p>1:00 Chinese Mahjong</p>
<p>14</p> <p>Center Closed</p> <p>Columbus Day</p>	<p>15</p> <p>9:30 Walking Group</p> <p>9:30 Japanese Class</p> <p>10:00 Senior Club Meeting</p> <p>10:00 Matter of Balance (S)</p> <p>10:30 Chinese Mahjong</p> <p>11:30 Lunch Program (S)</p> <p>12:30 Classic Movie</p> <p>12:30 Crafts Group</p> <p>1:00 Sewing & Quilting Group</p>	<p>16</p> <p>8:45 Strength Training</p> <p>9:00 Bread Program</p> <p>9:40 Video Aerobics</p> <p>10:00 Spanish Class</p> <p>10:15 Sensible Yoga (R)</p> <p>10:30 Zumba Gold (R)</p> <p>11:30 German Conversation</p> <p>11:30 Lunch Program (S)</p> <p>12:30 New Movie</p> <p>1:00 Mexican Train Dominoes</p>	<p>17</p> <p>9:30 Walking Group</p> <p>9:30 Canasta</p> <p>9:30 Rosen Method Movmnt (S)</p> <p>10:00 Color Me Calm</p> <p>11:30 Lunch Program (S)</p> <p>12:15 Wii Bowling</p> <p>12:30 Throwback Movie</p> <p>12:30 Bridge</p> <p>2:00 Write Your Life Story (S)</p>	<p>18</p> <p>9:30 Video Chair Yoga</p> <p>10:00 Mindful Meditation</p> <p>10:15 Sensible Yoga (R)</p> <p>11:00 Mandarin Class</p> <p>12:00 Mandarin Chat</p> <p>12:00 BINGO</p> <p>1:00 Chinese Mahjong</p>
<p>21</p> <p>9:00 Bread Program</p> <p>9:40 Video Aerobics</p> <p>10:00 Italian Chat</p> <p>10:00 Spanish Chat</p> <p>11:00 Interm.Tai Chi (R)</p> <p>1:00 Beat Arthritis (R)</p> <p>2:00 French Chat</p>	<p>22</p> <p>9:30 Walking Group</p> <p>9:30 Japanese Class</p> <p>10:00 Matter of Balance (S)</p> <p>10:00 Let's Talk About Concussions (S)</p> <p>10:00 American Line Dancing (R)</p> <p>10:30 Chinese Mahjong</p> <p>11:30 Lunch Program (S)</p> <p>12:30 Foreign Film</p> <p>12:30 Crafts Group</p> <p>12:30 Pedro Card Game</p> <p>1:00 Sewing & Quilting Group</p>	<p>23</p> <p>8:45 Strength Training</p> <p>9:00 Bread Program</p> <p>9:40 Video Aerobics</p> <p>10:00 Spanish Class</p> <p>10:15 Sensible Yoga (R)</p> <p>10:30 Zumba Gold (R)</p> <p>11:30 Lunch Program (S)</p> <p>11:30 German Conversation</p> <p>12:30 New Movie</p> <p>1:00 Hand & Foot</p>	<p>24</p> <p>9:30 Walking Group</p> <p>9:30 Canasta</p> <p>9:30 Rosen Method Movmnt (S)</p> <p>11:00 Beat Arthritis (R)</p> <p>11:30 Lunch Program (S)</p> <p>12:15 Wii Bowling</p> <p>12:30 Throwback Movie</p> <p>12:30 Bridge</p> <p>2:00 Write Your Life Story (S)</p>	<p>25</p> <p>9:30 Video Chair Yoga</p> <p>10:00 Mindful Meditation</p> <p>10:15 Sensible Yoga (R)</p> <p>11:00 Mandarin Class</p> <p>12:00 Mandarin Chat</p> <p>1:00 Chinese Mahjong</p> <p>1:00 Halloween Spooktacular Dance</p>
<p>28</p> <p>9:00 Bread Program</p> <p>9:40 Video Aerobics</p> <p>10:00 Stamp Collectors</p> <p>10:00 Spanish Chat</p> <p>11:00 Interm.Tai Chi (R)</p> <p>1:00 Beat Arthritis (R)</p> <p>2:00 French Chat</p>	<p>29</p> <p>9:30 Walking Group</p> <p>9:30 Japanese Class</p> <p>10:00 American Line Dancing (R)</p> <p>10:00 Matter of Balance (S)</p> <p>10:30 Chinese Mahjong</p> <p>11:30 Lunch Program (S)</p> <p>12:30 Classic Movie</p> <p>12:30 Crafts Group</p> <p>1:00 Sewing & Quilting Group</p>	<p>30</p> <p>8:45 Strength Training</p> <p>9:00 Bread Program</p> <p>9:40 Video Aerobics</p> <p>10:00 Spanish Class</p> <p>10:15 Sensible Yoga (R)</p> <p>10:30 Zumba Gold (R)</p> <p>11:30 German Conversation</p> <p>11:30 Lunch Program (S)</p> <p>12:30 New Movie</p> <p>1:00 Mexican Train Dominoes</p>	<p>31</p> <p>9:30 Walking Group</p> <p>9:30 Canasta</p> <p>9:30 Rosen Method Movmnt (S)</p> <p>10:00 Color Me Calm</p> <p>11:00 Beat Arthritis (R)</p> <p>11:30 Lunch Program (S)</p> <p>12:15 Wii Bowling</p> <p>12:30 Throwback Movie</p> <p>12:30 Bridge</p> <p>2:00 Write Your Life Story (S)</p>	<p>Activities are subject to change. Please call 595-7444 to confirm.</p>

Twin Pines Senior & Community Center

Nov 2019

Monday

Tuesday

Wednesday

Thursday

Friday

(S) = Activity requires Signing up

(R) = Activity requires Registration at Parks & Rec office

(blank) = Activity is drop-in

Activities are subject to change. Please call 595-7444 to confirm.

1

9:30 Video Chair Yoga
10:00 Mindful Meditation
10:15 Sensible Yoga (R)
11:00 Mandarin Class
12:00 Mandarin Chat
12:00 BINGO
1:00 Chinese Mahjong

4

9:00 Bread Program
9:40 Video Aerobics
10:00 Italian Chat
10:00 Spanish Chat
11:00 Interm.Tai Chi (R)
1:00 Book Club
1:00 Beat Arthritis (R)
2:00 French Chat

5

9:30 Walking Group
9:30 Japanese Class
10:00 American Line Dancing (R)
10:30 Chinese Mahjong
11:30 Lunch Program (S)
12:30 Classic Movie
12:30 Crafts Group
1:00 Sewing & Quilting Group

6

8:45 Strength Training
9:00 Bread Program
9:30 AARP Driving Seminar
9:40 Video Aerobics
10:15 Sensible Yoga (R)
10:00 Spanish Class
10:30 Zumba Gold (R)
11:30 German Conversation
11:30 Lunch Program (S)
12:30 New Movie
1:00 Mexican Train Dominoes
2:00 Exploring Retirement

7

9:30 Walking Group
9:30 Canasta
9:30 AARP Driving Seminar
9:30 Rosen Method Movmnt (S)
10:00 Color Me Calm
11:00 Beat Arthritis (R)
11:30 Lunch Program (S)
12:15 Wii Bowling
12:30 Throwback Movie
12:30 Bridge

8

9:30 Video Chair Yoga
10:00 Mindful Meditation
10:15 Sensible Yoga (R)
11:00 Mandarin Class
11:00 Open Ping Pong
12:00 Mandarin Chat
1:00 Chinese Mahjong

11

**Center Closed
for Veteran's
Day**



12

9:30 Walking Group
9:30 Japanese Class
10:00 Plant-Based Diets (S)
10:00 American Line Dancing (R)
10:30 Chinese Mahjong
11:30 Lunch Program (S)
12:30 Foreign Film
12:30 Crafts Group
12:30 Pedro Card Game
1:00 Sewing & Quilting Group

13

8:45 Strength Training
9:00 Bread Program
9:40 Video Aerobics
10:00 Spanish Class
10:15 Sensible Yoga (R)
10:30 Zumba Gold (R)
11:30 German Conversation
11:30 Lunch Program (S)
12:30 New Movie
1:00 Hand & Foot

14

9:30 Walking Group
9:30 Canasta
9:30 Rosen Method Movmnt (S)
11:00 Beat Arthritis (R)
11:30 Birthday Lunch (S)
12:15 Wii Bowling
12:30 Throwback Movie
12:30 Bridge

15

9:30 Video Chair Yoga
10:00 Mindful Meditation
10:15 Sensible Yoga (R)
11:00 Mandarin Class
12:00 Mandarin Chat
12:00 BINGO
1:00 Chinese Mahjong

18

9:00 Bread Program
9:40 Video Aerobics
10:00 Italian Chat
10:00 Spanish Chat
11:00 Interm.Tai Chi (R)
1:00 Beat Arthritis (R)
2:00 French Chat

19

9:30 Blood Pressure Clinic
9:30 Walking Group
9:30 Japanese Class
10:00 Senior Club Meeting
10:30 Chinese Mahjong
11:30 Lunch Program (S)
12:30 Classic Movie
12:30 Crafts Group
1:00 Sewing & Quilting Group

20

8:45 Strength Training
9:00 Bread Program
9:40 Video Aerobics
10:00 Spanish Class
10:15 Sensible Yoga (R)
10:30 Zumba Gold (R)
11:30 Lunch Program (S)
11:30 German Conversation
12:30 New Movie
1:00 Mexican Train Dominoes

21

9:30 Walking Group
9:30 Canasta
9:30 Rosen Method Movmnt (S)
10:00 Color Me Calm
11:00 Beat Arthritis (R)
11:30 Lunch Program (S)
12:15 Wii Bowling
12:30 Throwback Movie
12:30 Bridge

22

9:30 Video Chair Yoga
10:00 Mindful Meditation
10:15 Sensible Yoga (R)
11:00 Mandarin Class
11:00 Open Ping Pong
12:00 Mandarin Chat
1:00 Chinese Mahjong

25

9:00 Bread Program
9:40 Video Aerobics
10:00 Stamp Collectors
10:00 Spanish Chat
11:00 Interm.Tai Chi (R)
1:00 Beat Arthritis (R)
2:00 French Chat

26

9:30 Walking Group
9:30 Japanese Class
10:00 American Line Dancing (R)
10:30 Chinese Mahjong
11:30 Lunch Program (S)
12:30 Foreign Film
12:30 Crafts Group
12:30 Pedro Card Game
1:00 Sewing & Quilting Group

27

8:45 Strength Training
9:00 Bread Program
9:40 Video Aerobics
10:00 Spanish Class
10:15 Sensible Yoga (R)
10:30 Zumba Gold (R)
11:30 Lunch Program (S)
11:30 German Conversation
12:30 New Movie
1:00 Hand & Foot

28

29

Center Closed

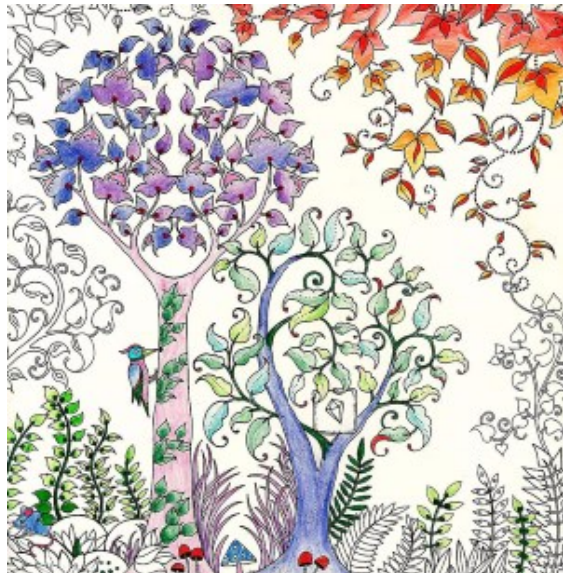
Happy Thanksgiving!

UKULELE JAM & SING-A-LONG (D)

2nd Monday each month, 10:00-11:30am

Next session: Dec 9 *No meetings in Oct & Nov

All are invited to join the Twin Pines Senior & Community Center's Ukulele Jam and Sing-A-Long. Bring your ukulele or guitar, your voice and your "Aloha Spirit" to sing, or play and join in the fun!



COLOR ME CALM (D)

1st & 3rd Thursdays, 10-11am

Next session: Aug 1, 15 & Sep 5, 19

How long has it been since you colored? Coloring isn't just for kids! Adult coloring groups are becoming more and more popular. It is a great way to create, reduce stress and discover a sense of calm in a relaxing, fun group. FREE! Supplies provided. This group meets on the 1st & 3rd Thursday of each month at 10:00.

COMMON THREADS SEWING & QUILTING GROUP (D)

Tuesdays 1:00 - 3:30pm

Join us for a sewing and quilting group! Gather your supplies and bring your sewing machine. Bring them down to the Center and spend Tuesday afternoons sewing and quilting with others that enjoy stitching the afternoon away. You'll meet new people, learn from one another and be joined by Common Threads. Phone 595-7444 for more information.

CRAFTS GROUP (D)

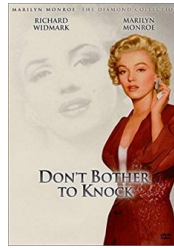
Tuesdays 12:30-2:30pm

The Crafts Group is a friendly social group that meets to work on individual projects, and also on projects that will go on sale at the Center's display cabinet. All the proceeds from sales go directly to the Senior Fund. Bring your own project/supplies and join the fun.

Classics— 1st & 3rd Tuesdays (D)

Nov 5—Gentlemen Prefer Blondes

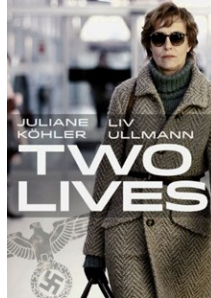
Nov 19– Don't Bother to Knock



Foreign Films—2nd & 4th Tuesdays (D)

Nov 12– Two Lives

Nov 26– Like Father, Like Son



New Movies- Wednesdays (D)

Nov 6– Hobbs & Shaw

Nov 13– After the Wedding

Nov 20– Brian Banks

Nov 27– The Peanut Butter Falcon



Throwback Thursdays (D)

Nov 7– Chain Reaction

Nov 14– White Nights

Nov 21– What's Cooking

Nov 28- *No movie.



*MOVIES MAY BE SUBJECT TO CHANGE.

Call 595-7444 for the latest update.*



Halloween Spooktacular Dance

with "The Senior Class" band

FRIDAY, OCTOBER 25

1 - 3 PM

ADULTS 50+

SINGLES & COUPLES WELCOME!

FREE!

RSVP by calling
(650) 595-7444



20 Twin Pines Lane,
Belmont

THIS EVENT IS SPONSORED BY



BELMONT'S ANNUAL

Holiday Craft Faire

Saturday, November 23 | 9AM - 5PM

TWIN PINES PARK



- 🎀 Twin Pines Cottage
- 🎀 Twin Pines Lodge
- 🎀 Twin Pines Manor
- 🎀 Twin Pines Senior & Community Center

*Free admission
Live music
Refreshments*



Daytime Dances! (s)

Certain Fridays, 1-3pm

Thanks to partnerships with local agencies, we can now offer FREE daytime dances open to the public (Adults 50+) with a live band! Both singles and couples welcome, and you can also come to just enjoy the music. Sign up to reserve your spot! Call 595-7444 for the next upcoming dance.

Oct 25– Halloween Spooktacular

Table Games (D)

There is a game for everyone at Twin Pines. Games are played on a drop-in basis, no registration is needed so come when you can and join the fun!

Mexican Train Dominos

1st & 3rd Wednesdays 1-3:30pm

Beginners welcome.

Hand & Foot

2nd & 4th Wednesdays 1-3:30pm

Beginners welcome.

Chinese MahJong

Tuesdays, 10:30am-12:15pm

Fridays 1-3:30pm

All levels welcome. Drop in!

Pedro

2nd & 4th Tuesdays, 12:30-2:15

Wii Bowling (D)

Thursdays at 12:15-1:15pm

FREE! You can do it standing or sitting, take turns and have tournaments! Drop-in.

Canasta

Thursdays, 9:30 - 11:30am

Experienced players and those who want to remember how to play this fun and easy game are welcome. FREE!

Intermediate & Advanced Bridge

Thursdays, 12:30 - 3:30pm

Drop-in play. No partner needed. Begins at 12:30pm.

Bingo

1st & 3rd Fridays,

12:00 -3:00pm

Must be 18+

NOTICE : Playing for cash prizes/gift cards of any kind is considered gambling and prohibited by State Law. Only non-profit organizations can hold BINGO events and award cash prizes, with a special permit from the City.

Please be mindful of the start time & end time you are scheduled for an activity.

The Giving Tree

Did you know that you can make a tax-deductible donation to Belmont's Senior Services programs? And that volunteers are always needed to support the services available at the Twin Pines Senior and Community Center?



The Belmont Senior Citizen's Advisory Committee invites you to participate in our donor recognition program. Individuals and businesses making monetary donations of \$250 and above will be recognized with a leaf or acorn on the tree. Volunteers who are currently active and have served five or more years will also be recognized with a leaf or acorn; depending on length of service.

Donations to The Giving Tree are deposited into The Senior Fund. The Senior Advisory Committee, comprised of community members like you, reviews use of the funds, and makes sure that donations are used to make a positive difference in our facility, programs and services. Please call the Center at 595-7444 to find out how to become a volunteer or donate to our valuable programs.

Belmont Senior Club

The Belmont Senior Club is an organization that meets at the Twin Pines Senior & Community Center on the **third Tuesday of each month at 10:00am**. They host afternoon Bingo and some day trips. Bingo is the 1st and 3rd Friday of each month at 12:00pm. **Next meetings: Oct 15, Nov 19**

Donation of Items

Note: Although we thank you for thinking of our Center, due to our full stock and limited storage we cannot accept donations at this time. We encourage you to donate your items to any of your local charities with greater need.

The Senior Fund



What is the Senior Fund?

The Senior Fund enriches the Twin Pines Senior & Community Center in many ways. It is a fund dedicated to enhancing the Center, senior services and our programs.

How are the funds raised?

The funds are raised through generous donations received from individuals and businesses, along with fundraising efforts from our dedicated volunteers which include bread donations and needlecraft sales.

How do I learn more?

Learn more about the fund by **attending the next Senior Citizens Advisory Committee** on Tuesday, November 26, at 3pm. Do you have an idea for spending Fund money? Purchase request forms are available at the Twin Pines Senior & Community Center. Contact Cheri Handley for more info at (650) 595-7445 or chandley@belmont.gov

What is the fund balance?

The fund balance is \$81,416. Revenue generated through fundraising and donations shall continue to be deposited into the fund; while expenditures can be withdrawn from the fund. Remaining fund balances are carried over annually, and there is no expiration date. This will be a viable enhancement to the Twin Pines Senior & Community and its programs and services for years to come. One example of fund use was the installation of a sound system in every room.

Twin Pines Keepsake

Would you like a great memento of the Center and raise money for the Senior Fund and programs? A beautiful original watercolor by Alvin Joe, called "Spring Explosions" of the Twin Pines Wisteria patio has been made into 11" x 14" limited edition signed prints. They are available for \$25.00 each. 4"x 6" framed prints are available for \$10. Five-packet notecards are also available for \$10. Please see a staff member for purchase.



BEAT THE ARTHRITIS (R)

This low-impact, gentle physical activity will reduce pain and decrease stiffness of persons with arthritis-related conditions. Each program runs for 8 weeks.

This program taught by popular certified instructor Mary Furuta will help you keep your joints flexible, muscles strong and increase energy and balance. All levels welcome.

- Must be pre-registered to participate.
- You can register for once a week or twice a week classes.
- Missed classes cannot be pro-rated

Mon	1-2pm	10/28-12/9 #3122
Thu	11am-12	10/24-12/05 #3123
Mon + Thu		10/24-12/9 #3124

*No class Nov 11

Fee: (6 classes)

Residents:	\$48 Mon or Thu, \$87 Mon + Thu
Non-residents:	\$58 Mon or Thu, \$105 Mon + Thu

CHEN-STYLE TAI CHI (R)

Tai Chi is often called “moving meditation” because it is done slowly and mindfully. It’s an enjoyable practice with many health benefits, including reduced stress, better balance, and improved freedom of movement. This class will focus on fundamental principles/movements, and is suited for all adults regardless of physical condition, **as long as you can stand and walk unassisted**. Please wear comfortable clothes and shoes.

Register directly with the Parks & Rec Department., or call 595-7441 for more info.

Location: Twin Pines Lodge

Instructor: Sheryl Carver

*No class Nov 11

Beginner

Mon	7-8pm	10/21-11/25	#3104
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Fee: \$55 Residents, \$66 Non-residents
(5 classes)

Intermediate

Mon	11am-12:15	10/21-11/25	#3106
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Fee: \$69 Residents, \$83 Non-residents
(5 classes)

VIDEO CHAIR YOGA (D)

Fridays, 9:30-10:30am

Chair Yoga provides people of all abilities an opportunity to safely and enjoyably do yoga with seated and standing exercises. Sessions help with posture, flexibility and balance as well as relaxation, concentration and breath awareness. Best of all, what you learn can be incorporated into your daily activities at home, at work, or while traveling! **FREE!** Drop in!



FREE HEALTH SCREENINGS

Personalized, individualized screening and counseling by an experienced Sequoita Hospital Nurse. They can help you understand your results and how to communicate them to your doctor, as well as answer your questions in a relaxed environment. Drop in!

BLOOD PRESSURE SCREENING 3rd Tuesdays 8:30-10am
(*No Blood Pressure in October) Next session: Nov 19

BLOOD GLUCOSE SCREENING Oct 16 8:30-10am

*For best results, a 4-hr fast is suggested

ZUMBA GOLD (R)

Are you ready to Zumba? Zumba is based on the principles that exercise should be fun and easy to do. Zumba Gold is more gentle than regular Zumba and is a great mix of Latin flavor and international beats with easy-to-follow and low-impact moves which create a high-energy and calorie-blasting workout. **Please wear comfortable clothes, supportive shoes and bring a water bottle.**

Register directly with the Parks & Rec Department., or call 595-7441 for more info.

Fee: \$58 Residents, \$70 Non-residents
(5 classes)

Instructor: Yoshiko Takeshita

Wed 10:30-11:30pm 10/9-11/6 #3108

Wed 10:30-11:30pm 11/13-12/11 #3109

STRENGTH TRAINING (D)

Wednesdays, 8:45-9:30am

Targeted for adults over 60 but beneficial for everyone, the class concentrates on gradually building strength in the crucial muscles of the body to restore aligned, balanced posture and movement, strengthening the upper and lower body muscles. Join Sophia for this **FREE** class. Bring a water bottle and a mat for optional floor exercises. Drop-ins welcome!

SENSIBLE YOGA FOR ALL (R)

No injuries, no pain, just wonderful, comfortable stretching. Not difficult. Not judgmental. A complete body workout. Sensible and sane, good for everyone who wishes to be more flexible and comfortable in their body. Better posture, better balance, more energy. Bring a mat, and wear comfortable clothing!

Register directly with the Parks & Rec Department., or call 595-7441 for more info.

Fee: \$89 Residents, \$107 Non-resident
(8 classes)

Instructor: Cheryl Cooper

Location: Twin Pines Lodge

Wed 10:15-11:15am 10/16-12/11 #3112

Fri 10:15-11:15am 10/18-12/13 #3114

Fee: \$89 Residents, \$107 Non-resident

Wed + Fri 10/16-12/11 #3115

Fee: \$160 Residents, \$180 Non-resident



See page 26 for refunds & credit voucher policies for missed classes.

ROSEN METHOD MOVEMENT (S)

Thursdays, 9:30-10:30am
Sep 5—Dec 12

In this class you will be guided with music through gentle, unhurried movements, which are designed to improve alignment and flexibility while increasing range of motion, balance and strength. Certified Instructor Rosemary Field will help you connect with your body and mind, feeling balanced and refreshed at the end of each session. Wear comfortable clothing and supportive shoes. Limited space available, sign up right away by calling 595-7444. *No class 11/28

(D) = Drop in activity

(S) = Sign up

(R) = Register with Parks & Rec

OPEN TABLE TENNIS (D)

Certain Fridays, 11am-3pm
Next sessions:
Oct 12, Nov 22

Drop in. Make sure to bring a partner! Center Closed Nov 29

WALKS IN THE PARK (D)

This walking group meets on Tuesday and Thursday mornings at 9:30am, rain or shine! Take a brisk stride or walk at your own pace to breathe in the fresh air and enjoy nature. Drop-ins welcome.

MINDFUL MEDITATION (D)

Fridays, 10-11am,
Sep 6—Dec 13

Through guided mediation, you will quiet the mind and body and be more aware of the present moment. Come find out what meditation is all about and learn techniques to reduce stress and pain and become more aware of your body and the world around you. FREE! Drop-ins welcome.

Location: Twin Pines Cottage

VIDEO AEROBICS (D)

Mondays & Wednesdays,
9:40-10:20am

Get fit together in our FREE video fitness programs, no reservations required. Drop-in!

HEALTHY LIVING SPEAKERS SERIES: TAKE CHARGE OF YOUR HEALTH!

NEW!**(S)**

Call (650) 595-7444 to sign up for each of these FREE workshops brought to you by professionals at Kaiser Permanente.

STROKE AWARENESS & PREVENTION

Tuesday, Oct 10 10-11am

PLANT-BASED EATING

Plant-based eating can be nutritious and delicious. You don't need to be a seasoned chef to create tasty meals using natural ingredients. Give it a try, you owe it to your health!

Tuesday, Nov 12 10-11am

LET'S TALK ABOUT CONCUSSIONS (S)

Tuesday, Oct 22 10am

NEW!

What do you really know about concussions? Don't miss this FREE workshop presented by Defense & Veteran's Brain Injury Center which will discuss many aspects of concussions including: causes, symptoms, prevention, recovery and community resources. Phone (650) 595-7444 to reserve your spot.



MEMORY WORKSHOPS

These are two of the six pillars that make up the NEXUS program developed by Silverado Senior Living. NEXUS is designed to help individuals build and maintain cognitive ability. Phone 595-7444 to reserve your seat.

BENEFITS OF PHYSICAL EXERCISE

Mounting evidence is showing that there are modifiable lifestyle factors that not only may delay the onset of dementia but also could delay the progression of dementia. Physical activity is proven to reduce the risk of many health-related conditions. Explore the benefits of exercise and find something that you enjoy.

Thursday, September 12, 10-11am

BENEFITS OF SUPPORT GROUPS

Have any of you ever had to make a tough decision? Maybe about your health, maybe about your money. Did you make the decision on your own or did you seek counsel from others? Being in a support group can help you develop new skills to relate to others, help you know what to expect and lessen the fear of the unknown.

Thursday, November 14, 10-11am

Language Groups (D)

Join our weekly scheduled language groups at any time. All are **FREE** and **Drop-In!**



Italian Class (Int.)

- 1st-3rd Mondays, **10-11:30am**

Spanish Conversation (Int/Adv)

- 1st-3rd Mondays, **10-11:30am**

French Conversation (Adv)

- Mondays, **2-3:30pm**

Japanese Class (Beg)

- Tuesdays, **9-10:30am**

Spanish Class (Int/Adv)

- Wednesdays **10-11:30am**

German Conversation (Int/Adv)

- Wednesdays, **11:30am-1pm**

Mandarin Class (Beg/Int)

- Fridays, **11am-12pm**

Mandarin Conversation (Int/Adv)

- Fridays **12-12:45pm**

Exploring Retirement (D)

1st Wednesdays, 2-3pm

Are you retired and still trying to find things you want to do? This group of retirees will meet at 2pm on the 1st Wednesdays of each month. Network with others; perhaps plan to meet up for a walk, bike ride, or cup of coffee. Phone 595-7444 for more info.

Book Group (S)

1st Mondays

Join our local Belmont librarian in reading and discussing the novel of the month. FREE and all readers are welcome. Sign up at the Front Desk or call 595-7444.

Stamp Collectors (D)

4th Mondays, 10-11:30am

You can drop in and bring any stamps you find.

Next dates: Aug 26, Sep 23

Write Your Life Story

**September 26-October 31
Thursdays, 2:00pm-3:30pm**

Everyone has a story. What is yours? In this FREE class you will learn about autobiographical writing and write your own life story. Your professional instructor will offer helpful guidance in creating a story that is a testimonial to you and your unique story; for you and your family or friends to enjoy forever.

NOTE: The first class meeting will include components of a good autobiography and reviewing brief samples from literary biographies.



Twin Pines Lunch Program! (S)

Join us for Chef-Prepared Meals from the Creekside Grill!

Our menu & ambiance makes the Center the spot to enjoy a delicious lunch Co-Sponsored with the County of San Mateo.

You must be signed up to have lunch. Phone 595-7444 to find out what's on the menu and to make your reservations, **at least 2 business days in advance.** (Hint: Sign up on Friday for Tuesday's Lunch!)

Transportation could be available for Belmont Residents.

Tuesday, Wednesday and Thursdays, 11:30am

*Doors open at 11am. *Arrivals after 11:45 are no-shows*

Ages 60+: \$5.00 suggested donation

Ages 59 and under: \$10 fee

How about Lunch & a Movie?

Free movies are played every Tuesday, Wednesday and Thursday right after lunch. Come spend an enjoyable afternoon with us! See pg. 9 for the movie listing or pick up a flyer at the Lobby. Movies start at 12:30 noon

1st & 3rd Tuesdays - **Classics**

2nd & 4th Tuesdays - **Foreign Films**

Wednesdays - **New, 1st-run movies**

Thursday - **Throwbacks from the 70's-90's**

TIP: (S) = Activity requires Signing Up at Front Desk
(R) = Activity requires Registration with Parks & Rec
(D) = Drop-Ins are welcome

Senior Shuttle (S)

The City of Belmont has a wheel-chair & scooter- accessible van available to bring adults 60+ who reside in Belmont to and from the Twin Pines Senior & Community Center.

The transportation is available Monday through Thursday between the hours of 9am and 1pm.

Additional transportation is available 1st & 3rd Fridays. For more information, call (650) 595-7444. There is a suggested donation of \$1 for a one-way ride or \$2 for a round-trip ride.



Reference Shelf (D)

We have a space dedicated for printed information on non-profit agencies that provide FREE assistance to seniors or low-income residents in several areas. You may find information on:

- Legal Aid
- Health Insurance
- Home Care
- Housing
- Home Delivered Meals
- Support Groups
- Conflict Resolution
- Transportation

Drop by to pick up your free pamphlets or booklets!

Bread Program (D)

Mondays & Wednesdays, 9-10am

Assigned volunteers pick up leftover bread from Lunardi's and bring it to the Center twice a week. Donations for each piece are encouraged. Two items per person. First come, first serve.

All proceeds from bread donations go directly to the Senior Fund.



Books (D) are available in our complimentary loan library, both hardbacks and paperbacks.

HICAP: Health

Insurance

Counseling &

Advocacy Program

This program is designed to assist seniors with Medicare and supplemental health insurance policies. The counseling services are provided free of charge by volunteers who have completed an extensive training program in the complex areas of Medicare and supplemental health insurance. A HICAP volunteer is available at the Twin Pines Senior and Community Center by appointment. For more info call (650) 627-9350

Report Health Care Fraud: Confidential Tip Line

1-800-HHS-TIPS (1-800-447-8477)

Every year, millions of dollars are lost to health care fraud. Everyone can play a role in putting an end to this by calling the Health and Human Services Confidential Tip Line: 1-800-HHS-TIPS. Please call Monday through Friday, 9 am to 8pm, any-time you believe you have information about fraud. You do not have to give your name to make a real difference.

24-hr Emergency & Advice Line for Aging Adults

TIES LINE: 1-800-675-8437

To help seniors, people with disabilities, dependent adults, and caregivers access the services they need to keep them safe. Professional staff answer general questions as well as provide assessment and emergency protection such as shelter, food and in-home care to address immediate concerns, until a long-term care plan can be developed.

Safe Firearms Disposal

If you are a Belmont Resident and looking for a safe way to dispose of any firearms in your possession, the Belmont Police Department can take them safely off your hands and schedule them for destruction.

Requirements: *Belmont Resident *With valid ID *By appointment only.
(650) 595-7400

At City Hall PD

- Call to make an appointment.
- Place items in the trunk of your car. (Pick-up trucks: place them behind the seats but **not** in the truck bed).
- Keep items in the case or box it came in, otherwise, inside a bag or case.
- Keep ammunition separate.
- On arrival: Leave items in the vehicle. Check in at the Police Department. An officer will come out to retrieve them after you inform them of your arrival.

If you do not drive:

- Leave items where they are.
- Call to make an appointment.
- On officer's arrival: Inform them whether you know (or don't know) if weapons are loaded or unloaded.
- Show them where they are, and the officer will handle the firearms themselves
- Important: Please call to reschedule if you will no longer be able to keep your appointment, as their time is very limited.

Non - Belmont Residents:

Contact your local Police Department to make an appointment in your area.

Sequoia Strong

Sequoia Strong™ (formerly 70 Strong) is your FREE personal resource guide to healthy living for ALL ages. Visit the new & improved, user-friendly directory at www.sequoiastrong.org to find activities you love and services you need. All resources are personally recommended by the Sequoia Healthcare District for District residents, and most resources are free or low-cost. Resources for Adults 50+ are available now.

Safe Medication Disposal

Did you know that disposing of prescription drugs is hazardous to the environment? Toilet-flushed drugs are harming our fish and amphibians. Any prescription medications that you no longer need can be brought to the Belmont Police Station for safe disposal. Please help protect our environment and join in the drug drop off program.

Retired Senior Volunteer Program (RSVP)

Become a member! We provide supplemental accident, liability and auto insurance while performing their volunteer duties. We hold an annual Luncheon to show our appreciation for commitment to service. Requirements: Age 55 and over, fill out an enrollment form, & report how many hours you are volunteering per month. If you would like to become a member or have questions, please call Norma Y. Perez at (650) 696-7687

FREE Phones for the hearing impaired

If using the telephone has become difficult, the California Telephone Access Program has FREE services to assist you. For example, do you have difficulty hearing conversations on the phone and hearing the phone ring? A FREE amplified telephone is available that increases the volume, with a loud ringer or a flashing device that indicates the phone is ringing. Services are available for those who are hard of hearing, speech impaired, have low vision, limited mobility & cognitive limitations. Phone 1(800) 806-1191.

Televised City Council & Commission Meetings

You can see Belmont City Council meetings and the Parks & Recreation Commission meetings from the comfort of your own home or on the web. Council meetings are held on the 2nd and 4th Tuesday of each month at 7:00 p.m. Parks & Rec Commission meetings are held the 1st Wednesday of each month at 7pm. Belmont residents can watch the meetings on Channel 27 (Comcast only) or on www.belmont.gov >City Hall >Meetings. Now you can "stay tuned" to what's happening in Belmont.

Farmer's Market

South Caltrain

Parking Lot

El Camino Real, Belmont

Rain or Shine, year 'round

Sundays, 9am - 1pm

Fresh fruits, vegetables, breads and pastries, fresh flowers and much more!

www.pcfma.com

Class Registrations

REFUNDS AND CREDIT VOUCHER POLICIES

PARTICIPANT CANCELLATION

- If a participant withdraws from a class **MORE THAN one week** prior to start date, a refund or credit voucher will be issued. **A \$10 service fee per class withdrawal will be withheld from the refund.**
- If a participant withdraws from a class **LESS THAN one week** prior to the start date, they must submit their request **in writing** for consideration of a refund or credit voucher. A \$10 service fee will be withheld from the refund.
- No refunds or credit vouchers will be issued **AFTER** a class has begun.
- **No refunds or credits will be given for the \$2.50 online processing fee**, as that fee is not charged by our department. This fee is for the convenience of using the online registration service.

MISSED CLASSES/LATE ENROLLMENT

- Fees will not be pro-rated for missed classes or late enrollment.
- Make-up classes are not always available and are at the Instructor's discretion. If an Instructor offers a makeup opportunity, it should be scheduled within the same session as registered.

DEPARTMENT CANCELLATION

- Full refunds will only be issued for classes cancelled by our department.
- Additionally, classes will be cancelled if minimum registration requirements are not met.

Twin Pines Lunch Program Policies

The Lunch Program is provided through a grant awarded by San Mateo County and run by Volunteers. Funding is limited; therefore we must comply with certain policies to ensure everybody gets equal opportunity to enjoy the delicious meals catered by Creekside Grill.

Cost

Age 60+: Suggested donation of \$5 per person

Age 59 or less: There is a fee of \$10.00

Reservations

- Sign up as early as possible. Meals are ordered 2 days in advance from the caterer. Popular events require earlier reservations.
- “Dropping in” does not guarantee a meal, as there are only a specific number of meals ordered. Make sure you signed up on the reservation list first.

On arrival

- The Lunch Room opens at 11:00am. Lunch is served at 11:30am. Please wait in the Lobby before that.
- Before going into the lunch room, attendees must first register at the Check-In table with the Check-In Volunteer.
- Seating is first come, first serve. We discourage reserving seats for people who haven't arrived, and instead encourage welcoming new people who are looking for a place to sit. If you want to sit only with friends, please be courteous to others and wait for your full party to arrive before taking a seat.
- People without a reservation or “guests” cannot go into the Dining Room. Seating is available only for people on the list.
- Arrivals after 11:45am are considered No-Shows and forfeit their meal. It will go to the first person on the Waiting List.

Waiting List

- If you are on the Waiting List, we cannot guarantee you will be able to partake of a meal. We will call you on your phone number to let you know if there were any cancellations.
- Those on the Waiting List must wait for a call, or wait outside in the Lobby until 11:45am. After 11:45am you can Check-In with the Volunteer at the Check-In desk to see if there are any open spots available.

Cancellations

- If you signed up and can't attend, please notify the Center as soon as possible by calling (650) 595-7444.
- Remember, we order the meals 2 business days in advance. Please cancel at least 2 business days, before, otherwise the Center will incur a cost of \$10 for each meal that was not consumed.
- Your reservation is non-transferable and goes to the next person on the Waiting List. It would be unfair to give your spot to a friend who has not made a reservation ahead of time.

****To be in compliance with our contract with the County of San Mateo, participants are discouraged from taking lunch food home, or from bringing food into the Lunch Program. This policy is in effect to prevent food-borne illness.****



**Aging & Adult
Services Agency**

November Twin Pines Lunch Program Menu

Call in advance to sign up or cancel (650) 595-7444

***Please read our lunch policies in the back.**



20 Twin Pines Lane,
Belmont, CA 94002

Tuesday		Wednesday		Thursday	
5	Beef Stroganoff Beef stroganoff over wheat pasta, car- rots, turnups, salad, roll, fruit	6	Pot Roast Pot roast, red potatoes, cauliflower and broccoli, green salad, dinner roll, dessert, oj	7	Hearty Lasagne Chicken Lasagna, squash, salad, rolls, fruit
12	Sweet n' Sour Sweet and Sour chicken, rice, bok choy, roll, salad, fruit	13	Mighty Meatloaf Meatloaf, mashed potatoes, zucchini, salad, bread, fruit	14	Birthday Lunch: Teriyaki glazed pork shanks, rice, carrots, broccoli, salad, bread, cake
19	Ham it Up! Honey glazed ham, mashed potatoes, peas and car- rots, garden salad, dinner roll, dessert	20	Catch of the Day Blackened Cod fillet, black beans, Napa cabbage, roll, salad, fruit	21	Turkey Time! Turkey, mashed potatoes, gravy, green beans, salad, bread, pumpkin pie,
26	It's a Snap! Red snapper, rice, green beans, bread, salad, dessert	27	Short Ribs Beef short ribs, potato salad, peas and corn, salad, bread, fruit		

**Sign up or cancel
2 days
in advance!**



Tuesday Lunch: Call by Friday
Wednesday Lunch: Call by Monday
Thursday Lunch: Call by Tuesday

**Late arrivals after
11:45 are considered
No-shows**